

## Informed Consent for Counseling Services

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Confidentiality.** Contents of all therapy sessions are considered to be confidential. Both verbal information and written records about a client cannot be shared with another party without the written consent of the client or client's legal guardian. Noted exceptions are as follows:

- 1. Duty to Warn and Protect** – When a client discloses intentions or a plan to harm another person, the mental health professional is required to warn the intended victim and report this information to legal authorities. In cases in which the client discloses or implies a plan for suicide, the health care professional is required to notify legal authorities and make reasonable attempts to notify the family of the client.
- 2. Abuse of Children and Vulnerable Adults** – If a client states that he or she is abusing a child(or vulnerable adult) or has recently abused a child (or vulnerable adult), or a child (or vulnerable adult) is in danger of abuse, the mental health professional is required to report this information to the appropriate social service and/or legal authorities.
- 3. Prenatal Exposure to Controlled Substances** – Mental Health care professionals are required to report admitted prenatal exposure to controlled substances that are potentially harmful.
- 4. Minors/Guardianship** – Parents or legal guardians of non-emancipated minor clients have the right to access the clients' records.
- 5. Insurance Providers** (when applicable) – Insurance companies and other third-party payers are given information that they request regarding services to clients. Information that may be requested includes type of services, dates/times of services, diagnosis, treatment plan, and description of impairment, progress of therapy, case notes, and summaries.

**Risk and benefit.** I understand that there is a possibility of risks and benefits which may occur in counseling. Counseling may involve the risk of remembering unpleasant events and may arouse strong emotional feelings. Counseling can impact relationships with significant others. The benefits from counseling may be improved ability to relate with others; a clearer understanding of self, values, goals; increased academic and job productivity; and an ability to deal with everyday stress. Taking personal responsibility for working with these issues may lead to greater growth.

**Cancellation Policy.** If you fail to cancel a scheduled appointment, we cannot use this time for another client and you will be billed for the entire cost of your missed appointment.

A full fee is charged for missed appointments or no-show cancellations with less than a 24 hour notice unless due to illness or an emergency. A bill will be mailed directly to all clients who do not show up for or cancel an appointment.

Thank you for your consideration regarding this important matter.

*Your signature below indicates that you have read this agreement and agree to its terms.*

Client/Guardian signature \_\_\_\_\_ Date: \_\_\_\_\_